



THE BUZZELL BUZZ

DECEMBER 2016

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

Welcome to the month of December! The Department of Elderly Services would like to take this opportunity to wish everyone a very Happy and Safe Holiday Season. We also want to thank the many volunteers, local organizations and students for all their hard and dedicated efforts for making 2016 a great success.

This year we will continue ringing in the holiday season with our **"Annual Giving Tree,"** a special tree in our lobby holding written ornaments stating needed gifts for the elders of Wilmington. The community has given overwhelming support to this yearly program. Feel free to come down and choose an ornament from the tree and then bring your prepared gift back to the center wrapped for the holidays. Please have the prepared packages at the center starting the week of December 19, 2016 to make sure they will be delivered in time. These gifts are personally delivered to bring a bit of holiday cheer to Wilmington elders. If you should know anyone who could benefit from this program please feel free to contact Terri Marciello at 978-657-7595. There are no names given out to the public, everything is kept confidential. The past several years have been tremendous in support from the community and even more appreciation from the elderly participants. Thanks in advance to the many residents who help make this event possible.

The Department of Elderly Services would like to extend a big thanks to the Kiwanis Club for once again for hosting a holiday dinners at the Buzzell Senior Center on Sunday, December 4, 2016 at noon. It is a great way to kick off the holiday season with good food and good friends. Thank you again!

As you will see reading further into the newsletter, we have some fun events. On December 4, 2016 it is National Cookie Day, in the 'theme' of cookies, we will be having a "Cookie Swap" on Monday, December 5, 2016 at 1:00PM. There is a sign up for you to make a dozen cookies with the recipe and for everyone to share these delicious treats with one another. On December 6, 2016, we will be having our Special Home Bound Meals—to reach out and share the holiday spirit. ... And much more.

Happy Holidays

The Department would like to wish you a very happy, healthy and safe New Year to you and your families.





Thanks For Your Support

“Wilmington Has Talent”

On Saturday, November 5, 2016 we had a show of shows. There was phenomenal talent on the Wilmington Middle School Stage, made possible by the producer and director Audrey Reed. We were able to raise over \$1,000 for our Wilmington Scholarship Fund. You will be able to see the performance in its entirety on WCTV starting this month.

Caregivers

For the month of December, the Caregivers Support Group will be meeting on the 3rd Monday of the month, December 19, 2016 from 10:30am to noon. The holidays can be especially difficult for caregivers so if you are feeling stressed and overwhelmed, you are not alone. Come and join us here at the Senior Center on December 19th



December Social Events



Luncheon Sponsored by Kiwanis Club of Wilmington—

Sunday, December 4, 2016 Kiwanis Luncheon (noon)

Spend your Sunday afternoon with us and the Kiwanis Club of Wilmington! This luncheon is sponsored by the Kiwanis Club and sure to be a great time.

(This free event will be held at the Buzzell Senior Center) -

Sign-up starting Monday, November 14, 2016

2016 Annual Holiday Party— Thursday, December 15, 2016 (6:00PM)

Tewksbury Country Club

Tickets are \$25/person—fun music and entertainment provided by DJ Dan!!

Purchase your tickets starting Tuesday, November 29th

New Years Celebration

Thursday, December 29, 2016 at 2:00 PM

On Thursday, December 29, 2016—come join us in celebrating the arrival of the New Year!

2017

We will be having live entertainment appetizers and lots of fun. What better way to ring in the New Year than with your friends at the Buzzell Senior Center.

Remember to bring your special boarding pass to be placed in for a grand raffle prize. I also want to take this time to thank the many people that participated in the “Give Back” program. It was such a wonderful year to show that we indeed can give back to the community. It was also a time for us to show our appreciation to the many people that reach out and provide wonderful programs and events.

Sign up Monday, December 12, 2016

Cost \$4.00 per person—space is limited

December Birthdays

*We can't help you blow out the candles
on your cake unless you tell us your
special day!*

**Please call the Senior Center to
confirm your birthday month so
that we can mention you in future
newsletters!**

(We are updating our systems)

Donat Bourassa
Mary Schultz
Mary Murphy
Doris Allen
Jackie Gray
Gerry Thuillier
Sieglinde Kashian
Noel Fugere
Celia Cornish



IN LOVING MEMORY

We express sympathy for the loss of our friends

Mary Schivone
Rose Crosson

GET WELL WISHES

Phyllis Allen
Sam O'Claire (Dance Instructor)
Charlotte DeMarco

Pop-Up Library

Simplify your Tuesday mornings!

Choose some reading materials while you're at the center. The Wilmington Memorial Library will have a "pop-up" library on

Tuesday, December 6, 2016
between 10-11 am.

Adult Services Librarian, Kim Rowley will be there to offer recommendations and have a variety of fiction and non-fiction books and audio books for you to check out with your library card. Don't have a card? We can get you one, just bring a photo ID. Return your items to the library or bring them to the Buzzell the next time the library "pops-up".

Zumba and Yoga are Back!

- **Zumba will start Tuesday, January 17, 2017**
Sign up Monday, December 19, 2016
- **Yoga will start Wednesday, January 18, 2017**
Sign up Monday, December 19, 2016
Space is limited!!



Holiday Cookie Swap

Monday, December 5, 2016
At 1:00PM

Back by delicious demand, we will be having another cookie swap this year. Bake your favorite type of cookie and bring to share with the group!

To sign-up, please call or stop by the center!

Inclement Weather Policy

The Department of Elderly Services storm policy states that when the Wilmington Schools are closed due to inclement weather, all scheduled Senior Center activities are also canceled for the day. No meals are served and the van will not be available. The center will remain open for emergencies.

COMPUTER NEWS FOR DECEMBER 2016

Please keep in mind that we now offer what we call a “soft schedule” which allows you to spend at least one half hour with Tony on a “one on one” basis. We offer these computer sessions every **TUESDAY and THURSDAY!**

If you have questions about Fitbit's, Digital Camera's, Digital Photography, or about_i-pad's, i-phones, text messaging, or any topic you may want to talk about, come in and see if we can help you or at least point you in the right direction so that you can get your questions answered.

Now that Christmas is almost here, remember our greeting card program. We can help you create that special and unique card that sends your own specialized card to friends and family. We can help you design a special photo and alter it in any way you wish. Come in and we'll show you some samples.

Finally, we hope you have a very Merry Christmas and a happy and health filled New Year.

****TONY'S APP OF THE MONTH!!!**

If you're looking for a useful and interesting app, try installing “Flipboard: You're social News Magazine.” It is an award-winning social magazine used by millions of people every day. It's the one place to keep up on all your interests - reading, collecting and sharing stories you care about has never been easier.

Don't know how to do it, or are having trouble with it, come in and have Tony help you. It truly is an App you'll use over and over again.

Remember these electronic devices are supposed to help us, and not give us stress, so together let's make using them fun and helpful.

Gingerbread House

On Wednesday, December 14, 2016 bring your best holiday creativity to decorate gingerbread houses. Join students from the Wilmington High School Medical Careers Club for this fun event.

Decorating will begin at 1:00PM, please sign up at the front desk.

Who will be the competition this year!?



**Thank you to the Wilmington Fire Department
Union 1370**

for a delicious breakfast

Friday, November 18, 2016

Everyone had a fantastic time!





Remembering When is

A Fire and Fall Prevention Program for Older Adults, was developed by NFPA(National Fire Protection Association) and the Centers for Disease Control and Prevention (CDC) to help older adults live safely

at home for as long as possible.

Older adults are at high risk of fires and falls. The Remembering When program, teaches older adults through trivia, humor, and nostalgia how to protect themselves from fires and falls. The focus is on fun, but the safety messages are serious. The presentation will include a hands-on smoke alarm demonstration. We are very fortunate to have this program start in January 2017, more information will be in our January 2017 newsletter.

Sock Snowman

Craft Class by Doris

Friday, December 9, 2016 at 10:00AM

Bring:

1 pair white toddler size socks for body

1 pair of Christmas or other style toddler sock for hat and scarf

Small buttons or small embellishments

Rice

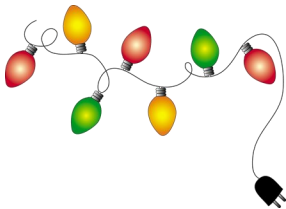
Doris will provide the paint for eyes and nose

Please sign up at front desk.



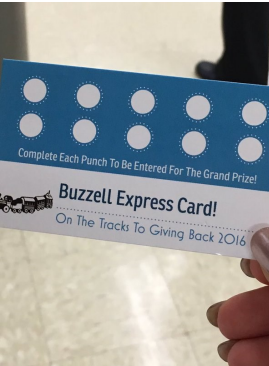
Fuel Assistance 2016

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2016 and runs thru April 2017. Fuel Assistance can help pay part of your home's winter heating bill. Any Wilmington resident who is 60 years or older in need of fuel assistance, please call to set up your appointment for assistance in this application process with Terri Marciello (Director)/Laura Pickett (Case Manager) at 978-657-7595. Wilmington residents that applied last year and are receiving renewal applications in the mail may also call for an appointment. Residents under the age of 60 should contact the Billerica Veteran's Agent (978-671-0968).



Household Size	Maximum Gross Income
1	\$34,001
2	\$44,463
3	\$54,925
4	\$65,387
5	\$75,849
6	\$86,331



And Now We Welcome The New Year— What A Year It Has Been!





December 2016



SUN	MON	TUE	WED	THU	FRI	SAT
				1 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day MAME Stoneham Theatre	2 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	3
4 Luncheon sponsored by Kiwanis Club 12PM	5 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting 1:00PM Cookie Swap	6 9:00AM Zumba 9:15AM Comp. Class 10:00AM Pop-Up Library 10:30 AM Aerobics 1230PM Wii Bowling	7 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	8 9:15AM Comp. Class 10AM Lasalette-Wrights Farm 10AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting	9 10:00 AM Video Exercise 10:00 Snowman 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	10
11	12 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting Sign up for New Years Celebration	13 9:15AM Comp. Class 10:30 AM Aerobics 1230PM Wii Bowling	14 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing 1:00 Gingerbread Houses	15 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00PM Game Day 1:30PM Commissioner's Mtg. 6:00PM Annual Christmas Party	16 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	17
18	19 9:30AM Blood Pressure 9:45 AM SBF Exercise 10:30 Caregivers Sup- port Group 11AM Special Exercise 1:00PM Quilting Sign up for Zumba/ Yoga	20 9:15AM Comp. Class 10:30 AM Aerobics 1230PM Wii Bowling	21 9:30AM Podiatrist 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	22 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day	23 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	24
25 CHRISTMAS 	26 CENTER CLOSED 	27 9:15AM Comp. Class 10:30 AM Aerobics 1230PM Wii Bowling	28 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	29 9:15AM Comp. Class 10:00 AM Art Class New Years Celebration 2:00PM	30 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 Cards	31

UPCOMING CHANGES (PODIATRIST) - Please note the date changes for January and February 2017
 1/11 (January—2nd week) & 2/22 (February—4th week)



TOWN OF WILMINGTON

**PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10**

CURRENT RESIDENT OR



ACTIVITY PROGRAMS

MONDAY

BLOOD PRESSURE CLINIC 9:00
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
QUILTING 1:00

TUESDAY

WALKING GROUP 9:00
AEROBICS 10:30
Wii BOWLING 12:30

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
COUNTRY LINE DANCING 1:00
CARDS 1:30-4
FUN SINGERS 3:00

THURSDAY

WALKING GROUP 9:00
ACRYLIC PAINTING 10:00
AEROBICS 10:30
KNITTING/CROCHETING 11:00
CRIBBAGE/GAME DAY 1:00
CERAMICS 1:00

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:30-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

SPECIAL PROGRAMS

PODIATRIST

3RD WEDNESDAY OF THE MONTH
9:30

SHINE COUNSELOR

CALL FOR PERSONAL
APPOINTMENT

HOME DELIVERED MEALS

MONDAY-FRIDAY
COST \$2.00
CALL FOR INFO
978-657-7595

COMMISSIONER'S MEETING

3rd THURSDAY OF EVERY MONTH
AT 1:30 PM

SENIOR VAN

SERVICES

MONDAY THRU FRIDAY
PICKUPS FROM 9:00 AM THRU 3:00 PM. MUST
CALL TO SCHEDULE PICKUP AT LEAST 48
HOURS IN ADVANCE. VAN SERVICES A 13
MILE RADIUS OF WILMINGTON.